



COLLEGE OF
EDUCATION AND
HUMAN SCIENCES

PUBLIC HEALTH:

EXERCISE AND HEALTH



OVERVIEW

Pursue your passion for healthcare by learning to critically analyze health issues from the perspective of the individual in relation to society, the environment and other health influences. The Exercise and Health degree option helps you incorporate well-rounded health knowledge into total wellness plans that help others enact healthy living choices. Graduates are well-prepared with the science-based insight and skills to enter careers as corporate wellness officers, trainers, lifestyle coaches or public health professionals or to pursue further study in chiropractic, allopathic or osteopathic medicine, athletic training, physical and occupational therapy or other allied health fields.

PROGRAM HIGHLIGHTS

- 12-credit hour internship integrated into the curriculum allows application of learning within your desired health field.
- Diverse health curriculum provides preparation for professional certification exams, including Certified Health Education Specialist, Exercise Physiologist or Group Exercise Instructor credentials.
- Global healthcare focus demonstrated through classes like International Comparative Health, study abroad programs and international internship opportunities.

NOTABLE NUMBERS



Students gain at least **400 hours** of experience in their chosen focus area through internship experience.

STUDENT PERSPECTIVE

“This degree offers a platform for many different health career paths and the faculty care about students. From the beginning, instructors take notes on students and help guide them in the direction or career path they are interested in. They helped me narrow and focus on goals that led me to my current internship site.”

- John Gardner, Exercise and Health student

PEOPLE. PASSION. PURPOSE.

EXERCISE AND HEALTH

(120 total credit hours)

SAMPLE FOUR-YEAR PLAN OF STUDY

1

FALL

Composition I*
MATH or STAT Course*
Introductory Biology
Total Wellness
First Year Seminar

15 hrs.

SPRING

Composition II*
Chemistry
Introduction to Public Health
Humanities Course*
Social and Behavioral Sciences Course

17 hrs.

2

FALL

American History*
Statistics Course*
Community Health
General Education Course
Elective (3 hours)

15 hrs.

SPRING

American Government*
Principles of Human Nutrition
Business Data Science Technologies
or Applications of Media and Technology
Humanities Course*
Elective (3 hours)

16 hrs.

3

FALL

Physiology
Health Behavior Theory
Physiology of Exercise
Alcohol and Drug Education
Elective (3 hours)

17 hrs.

SPRING

Principles of Epidemiology
Comparative Healthcare Policy and Systems
Applied Anatomy
or Human Anatomy
Biomechanics
Elective (3 hours)

14 hrs.

4

FALL

Psychosocial Issues in Health Education and Promotion
Program Design in Public Health
Pre-Internship Seminar
General Education (5 hours)
Elective (2 hours)

14 hrs.

SPRING

Internship in Public Health (12 hours)

12 hrs.

*Suggested for students seeking concurrent, dual credit or Advanced Placement (AP) course options to apply directly to this degree plan. Refer to the OSU Transfer Credit Guide and Credit By Exam Guide for specific course information online at okstate.edu.

RELATED MINORS AND CERTIFICATES

Sports and Coaching Science ○ General Business ○ Nutritional Sciences ○ Sports Management

Minors are designed to enhance and complement a major field of study. They are not required, and additional courses may need to be added to the plan above.

PROSPECTIVE STUDENT SERVICES

Watson Family Center for Student Development
106 Willard | Stillwater, OK 74078
(405) 744-6350 | educate@okstate.edu

More about this major: okla.st/publichealth



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